



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Classic
Margherita Pizza

SIDES

Salad &
Coleslaw

and

Chipped Potatoes

DESSERT

Yoghurt Pot
& Fruit

TUESDAY

MAIN COURSES

Savoury Mince

Or

Fish Fingers

SIDES

Carrots

and

Mashed Potato

DESSERT

Chocolate Muffin

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan
Bread

SIDES

Sweetcorn

and

Boiled Rice

DESSERT

Strawberry Jelly, Ice Cream
Pot

THURSDAY

MAIN COURSES

Roast Pork, Stuffing & Rich
Gravy

SIDES

Carrots & Peas

and

Mash Potato

DESSERT

Fresh Fruit Pot

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Spaghetti Hoops

and

Chipped Potatoes

DESSERT

Chocolate Cookie &
Milkshake

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL



EAT SMART WITH THE LUNCH BUNCH

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WEEK TWO

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Sausage
Roll

TUESDAY

MAIN COURSES

Irish Stew

Or

Tomato & Basil Pasta

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan
Bread

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing &
Rich Gravy

Or

Salmon Bites

FRIDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup

SIDES

Baked Beans

and

Diced Potatoes

SIDES

Sweetcorn

and

Crusty Baked Bread

SIDES

Garden Peas

and

Boiled Rice

SIDES

Broccoli & Cauliflower

and

Mashed Potato

SIDES

Sweetcorn

and

Chipped Potatoes

DESSERT

Ice Cream & Chocolate
Sauce

DESSERT

Cheese slice & Crackers

DESSERT

Yoghurt Pot & Fruit

DESSERT

Blueberry Muffin

DESSERT

Flake meal Biscuit
& Milkshake

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

WEEK COMMENCING:
AUG 28, SEP 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

SIDES

Baked Beans

and

Diced Potatoes

DESSERT

Artic Roll & Fruit

TUESDAY

MAIN COURSES

Beef Bolognaise

SIDES

Garlic Bread

and

Spaghetti Pasta

DESSERT

Yoghurt Pot & Fruit

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan
Bread

SIDES

Sweetcorn

and

Boiled Rice

DESSERT

Maderia Muffin

THURSDAY

MAIN COURSES

Roast Gammon, Stuffing &
Rich Gravy

SIDES

Carrots & Peas

and

Mashed Potato

DESSERT

Strawberry Jelly & Fruit

FRIDAY

MAIN COURSES

Tasty Pork Sausages with
Tomato Ketchup

SIDES

Baked Beans

and

Chipped Potato

DESSERT

Chocolate Cookie &
Milkshake

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FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

WEEK COMMENCING:
SEP 04, OCT 2, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Cheese & Tomato Pizza

SIDES

Coleslaw & Tossed Salad

and

Diced Potatoes

DESSERT

Vanilla Ice Cream

TUESDAY

MAIN COURSES

Beef Bolognaise

SIDES

Garlic Bread

and

Spaghetti Pasta

DESSERT

Yoghurt Pot & Fruit

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan
Bread

SIDES

Sweetcorn

and

Boiled Rice

DESSERT

Chocolate Muffin

THURSDAY

MAIN COURSES

Roast Turkey, Stuffing &
Rich Gravy

SIDES

Cauliflower & Green Beans

and

Mashed POTato

DESSERT

Strawberry Mousse

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons

SIDES

Baked Beans

and

Chipped Potatoes

DESSERT

Shortbread Biscuit &
Milkshake

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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